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In the claims:

1. (currently amended) A method for use by a station capable of communicating in a wireless communications network via a radio frequency channel, comprising the steps of:

receiving a message from an access point, the message containing information about the access point's power level;

calculating, by the station, a transmission power level based at least in-part on the information in the message; and

adjusting transmit power to the calculated level in response to the information in the message.

2. (claims) The method of claim 1 wherein the information is a transmit backoff level that indicates how far the access point's power has been reduced.

3. (claims) The method of claim 2 wherein the step of adjusting transmit power sets the station's transmit power to the transmit backoff level received in the message.

4. (claims) The method of claim 3 further comprising the steps of:

transmitting messages to other devices in the wireless communications network, the messages including a power backoff level indicative of the amount by which the station's transmit power has been adjusted.

5. (currently amended) A method for use by a station capable of communicating in a wireless communications network via a radio frequency channel, comprising the steps of:

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receiving a message from an access point, the message containing a transmit power backoff level that indicates how far the access point's power has been reduced;

calculating, by the station, a transmission power level based at least in-part on the backoff level in the message;

adjusting transmit power by setting the station's transmit power to the calculated level
~~transmit backoff level received in the message;~~ and

transmitting messages to other devices in the wireless communications network, the messages including a power backoff level indicative of the amount by which the station's transmit power has been adjusted.